

Who Says Women Don't Belong in the Outdoors?

The outdoors is no place for a woman . . . or so some used to say. Those days are gone. Move over guys. The Becoming an Outdoors Woman (BOW) program is helping thousands of women discover Alabama's great outdoors.

The Becoming an Outdoors Woman program is a three-day adventure workshop for ladies only. Sponsored by the Alabama Department of Conservation and Natural Resources (ADCNR), the event offers beginner-level skills training for an array of activities ranging from scuba diving to deer hunting. The next BOW work-

shop is March 7-9, 2003, at the Alabama 4-H Conference Center near Columbiana in Shelby County. Registration is required and limited spaces are available.

BOW participants can choose from over 50 activities such as camping, backyard wildlife, camp cooking, map and compass, mountain biking, shooting sports (pistol, rifle, shotgun, muzzleloader), fishing, hunting, scuba diving, canoeing, nature photography, nature crafts, archery, All Terrain Vehicle (ATV) handling, motor boat handling, and more. Participants can also obtain their Hunter Education Certification and Boating Safety Certification during the weekend event.

The BOW workshop is open to females at least 18 years of age; however, attendance regularly includes senior adults. Jerry de Bin, Chief of Information and Education at ADCNR, says, "This event is very popular with women throughout the South. Participants travel from six to eight surrounding states to

attend. They are wives, fiancées, mothers, sisters, and grandmothers. Although the average age of participants is 41, they routinely range in age from 18 to over 70. The fact that women come back and bring others with them is proof that the BOW program makes a difference. The most rewarding part is knowing we are helping families find ways to spend time together in the great outdoors."

Registration is \$175 and covers all meals, lodging, program materials, and instruction. All demonstration equipment is provided. Enrollment is limited to 130 applicants. Classes fill on a first-come, first-served basis. To download event details and a registration form, visit www.dcnr.state.al.us/administrative/ie/-bow.html. For additional information, contact Sylvia Payne, Information and Education Section of the Alabama Department of Conservation and Natural Resources at 1-800-262-3151; e-mail at: spayne@dcnr.state.al.us; or visit the website at: www.dcnr.state.al.us. ☎

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